

Growing Healthy Families

RUTLAND DISTRICT OFFICE • Vermont Department of Health, WIC Program
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Infant Comfort Station at the Vermont State Fair

Do you plan to visit the State Fair this year? Then check out the Infant Comfort Station. It's a comfortable place for families to take a break from the busy fair. There are rocking chairs to feed babies, information on breastfeeding, and a changing table. Find us in the same location as previous years, on Gazebo Row. The Infant Comfort Station is presented by the WIC Breastfeeding Peer Counselors.

Questions? Call 786-5111.

Let's go shopping!

Tuesday, September 15
2:00–3:00 p.m.
Price Chopper
Rutland

Need help figuring out how to use all of your WIC food benefits? Want to better understand what you can purchase with your fruit and veggie dollar benefit? Or just looking for strategies to stretch your food dollar? Sign up for a free grocery store tour with your WIC Nutritionist in September.

Call Jill at 786-5111 to sign up.

Treasure hunt

Friday, September 25
10:00–11:00 a.m.
Giorgetti Park

Come join WIC as we walk the plank and search for treasure at our local park. We will provide pirate accessories, complete with eye patches and a treasure map, and lots of fun activity.

To sign up call Justin at 786-5110.

Hauntingly healthy Halloween

Friday, October 30
10:00–11:00 a.m.
2nd floor conference room
Asa Bloomer Building
Rutland

Looking for something fun to do this Halloween with your little monster? Join your WIC nutritionists in celebrating Halloween with some hauntingly healthy snack ideas. Learn about pizza mummies, goblin grins, and edible eyes. Everyone is encouraged to come in costume. We'll start our celebration with music and movement followed by creating monster treats that may be sampled!

To sign up call Jill at 786-5111.

Story Walk

Monday, November 9
10:30–11:30 a.m.
Pine Hill Park, Rutland
(next to Giorgetti Athletic Complex)

WIC invites you to enjoy the scenery at Pine Hill Park. You and your children will be lead down the walking trail. Along the way we will be looking for and following story book pages on trees. Once we complete our story walk you may sample a seasonal snack and pick up the recipe for home.

To sign up and get directions call Jill at 786-5111.

All activities are FREE
of charge!



FIT WIC FUN AND GAMES PAGE

Rhythm and movement come naturally to most children. When you combine some movement activities to music children have a chance to feel good about moving their bodies.

Kids love to wave things in the air. Your kids can have fun with a wavy wand that they make from items you have around the house. Here's an activity you can do with your child.

Wavy Wands

Equipment: CD of active children's music and CD player. One wavy wand for each child and adult.

To make a wavy wand: securely tie several 4 foot lengths of multi-colored ribbon to wooden cooking spoons, one foot rulers, paint stirrers or paper towel tubes.

Procedure: Before moving their wands in a pattern to music, let your child experiment with just moving them for a few minutes. Slowly teach the movements below without music. Give them plenty of time to practice! Next, have your child try moving their wands to music with you guiding them in the movements. *The Wheels on the Bus*, *She'll be Comin' Round the Mountain*, or *The Ants Go Marching* make good tunes to do this kind of activity to.

- wipers
- fishing
- snakes
- circles
- zigzag down
- flags
- floor sweeps

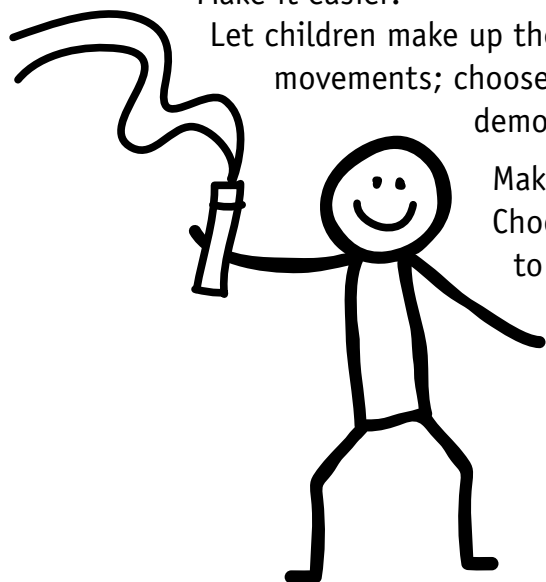
Adjusting to your child's skill level:

Make it easier:

Let children make up their own sequences of movements; choose shorter songs and demonstrate fewer movements

Make it harder:

Choose longer songs and try to do a series of movements over and over



circles



zig zags



figure 8's



waves

